





## *Family Recipes*



A cookbook compiled by the ladies of the

**Church of Christ  
29 East Campbell  
Hutchinson, Kansas**



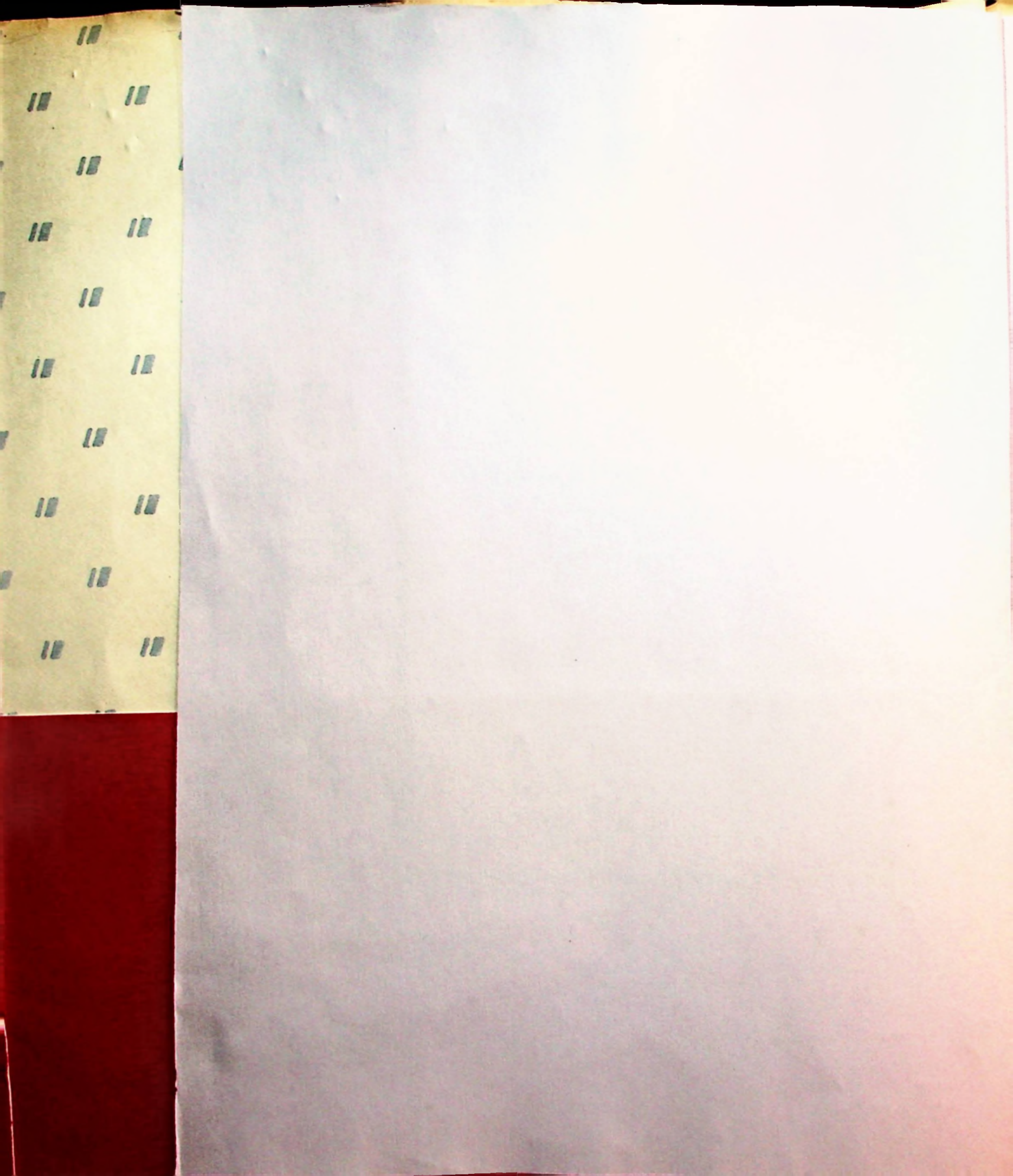
Special thanks to everyone who contributed to our cookbook



May 1997









## \*\*\*\*\*Thoughts To Soothe The Soul\*\*\*\*\*

*Happy is she who does not frown  
At little things that get her down  
Who laughs it off and goes her way  
Not spoiling other people's day  
With bitter things she has to say.*

- ♥ When God measures us, He puts the tape around the heart, not the head.
- ♥ Would you want Christ to represent you above as you have represented Him below?
- ♥ Life is like a ladder—every step we take is either up or down.
- ♥ One thing about kids—bending them over sometimes straightens them out!
- ♥ Success in marriage is much more than finding the right person. It is the matter of being the right person.
- ♥ We are only certain of today. Yesterday is gone and tomorrow is always coming.
- ♥ Be cheerful—Of all the things you wear, your expression is the most important.
- ♥ What I do today is important because I am exchanging a day of my life for it.
- ♥ Swallow your pride occasionally, it's non-fattening.
- ♥ The man who kneels to God can stand up to anything.



## \*\*\*\*\*Thoughts To Soothe The Soul\*\*\*\*\*

- ♥ The only way we can teach the word of God is to live the word of God.
- ♥ The past cannot be changed, but the future is still in your power.

Submitted by Frieda Clothier

### Trees

*I think that I will never see,  
a poem as lovely as a tree  
A tree whose leafy arms are pressed  
against the earth's sweet flowing breast  
A tree that looks at God all day  
and lifts its leafy arms to pray  
A tree that in summer  
we are a nest of robins in its hair  
Upon its bosom snow has lain  
who intimately lives with rain  
Poems are made by people like me  
but only God can make a tree*

Submitted by Mildred Stroup



## ABBREVIATIONS

lb. = pound

c. = cup

pkg. = package

oz. = ounce

T. = tablespoon

tsp. = teaspoon

qt. = quart

ct. = count

opt. = optional

sm. = small

hr(s). = hour(s)

min. = minute

sec. = seconds

scant = not quite

in. = inch(es)

oleo = margarine





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## **\*\*Beverages\*\*\*Beverages\*\*\*Beverages\*\***

### Strawberry Julius

Jamie Nowlan  
Wayne Hackler

1 (10 oz.) pkg. frozen strawberries	1 c. milk
1 tsp. vanilla	crushed ice to taste
1/3 c. sugar (optional)	(10-12 ice cubes)

Combine ingredients in blender and blend for one minute. Add ice and blend until slushy. Do not overblend or the drink will be watery instead of slushy.

### Orange Julius

Jamie Nowlan

1 (6 oz.) can frozen orange juice	1 c. milk
1 c. water	1/2 c. sugar
1 tsp. vanilla	crushed ice to taste

Combine all ingredients, except ice, in blender. Blend for one minute, add ice and blend until slushy. Do not overblend; it will make the drink watery instead of slushy.

### Spiced Tea Mix

Mary Buckman

1 (1lb. 2 oz.) jar Tang	3/4 - 1 c. instant tea
1 c. sugar	1 tsp. cinnamon
1/2 tsp. cloves	

Use 2 or 3 rounded tsps. per cup of hot water.



## **\*\*Beverages\*\*\*Beverages\*\*\*Beverages\*\***

### Purple Cow Shake

Wayne Hackler

1 (6 oz.) can frozen grape juice      1 c. milk  
2 c. vanilla ice cream

Pour grape juice concentrate and milk into blender. Scoop in the ice cream; cover and blend. Serve right away.

### Liquid Chocolate Chip Cookies

Kami and Kurtis Phipps

½ c. milk      4 scoops vanilla ice cream  
5 chocolate chip cookies

Blend together ice cream and milk. Add cookies and blend more.

### Nut Butter Shake

Kami and Kurtis Phipps

4 T. peanut butter      ½ c. milk  
4 scoops vanilla ice cream

Blend ice cream and milk together. Add peanut butter and blend more.

### Crumbs and Cream Shake

Kami and Kurtis Phipps

½ c. milk      4 scoops vanilla ice cream  
6 Oreo cookies

Blend ice cream and milk together. Add Oreos and blend until smooth.



## **\*\*Beverages\*\*\*Beverages\*\*\*Beverages\*\***

### Instant Cappucino

Cheryl Field

- |  |                     |
|--|---------------------|
| 1 (16 oz.) Nestle Quik                       | 2 c. powdered sugar |
| 1 c. instant coffee                          | 8 c. powdered milk  |
| 1 (8 oz.) jar non-dairy creamer (any flavor) |                     |

Combine all ingredients in a large bowl. Mix well. Store in an airtight container. To use, mix  $\frac{1}{4}$  c. dry mixture with 1 c. hot water.

### Hot Chocolate Mix

Mary Buckman

- |                                |                           |
|--------------------------------|---------------------------|
| 2 lb. Nestle chocolate mix     | 1 c. powdered sugar       |
| 1 tsp. salt                    | 1 (16 oz.) coffee creamer |
| 1 (8 qt.) box non-fat dry milk |                           |

Mix together. Store in an airtight container. Mix 2-3 T. dry mixture to 1 c. hot water.

### Homemade Cocoa Mix

Inetha Healey

- |                        |                     |
|------------------------|---------------------|
| $\frac{1}{4}$ c. cocoa | 1 c. powdered sugar |
| 2 c. powdered milk     |                     |

Mix all ingredients in a quart jar. Shake vigorously. When you want a cup of hot cocoa, put 2 tsps. of mix in a cup, pour hot water over it and drink it!



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## **\*\*Appetizers\*\*\*Appetizers\*\*\*Appetizers\*\***

### Mexican Medley

Shirley Hackler

1 large can refried beans  
1 c. sour cream  
shredded lettuce  
diced tomatoes  
shredded cheddar cheese

1 pkg. taco seasoning  
1 c. mayonnaise or Miracle Whip  
diced green onions  
diced black olives

Layer refried beans in a 9 x 12 in. pan. Mix together taco seasoning, sour cream and mayonnaise; blend well. Top beans with sour cream mixture. Top this with lettuce, green onion, tomatoes, and black olives. Finish with cheddar cheese. Serve with tortillas.

### Hand-wiches

Eric Hackler

1 (16 oz.) loaf frozen bread dough    2½ c. finely chopped cooked meat  
1 ¾ c. shredded cheese                      1 egg yolk  
1 T. water

Let dough thaw until pliable. Cut into ten equal portions. On lightly floured surface, roll one piece into a 3 in. circle. Put meat and cheese on circle and fold top over. Seal ends by pressing with the tines of a fork. Place on greased baking sheet about 2 in. apart. Brush with egg yolk/water combination. Bake immediately at 375° for 15-20 min. (Can prepare ahead, bake and freeze). Meat and cheese combinations: turkey and swiss, ham and cheddar, salami and provolone, roast beef and swiss, chicken and cheddar, and pepperoni and mozzarella.



## **\*\*Appetizers\*\*\*Appetizers\*\*\*Appetizers\*\***

### Vegetable Bars

Cheryl Field

1 (8 oz.) pkg. cream cheese, softened  
1 (8 ct.) refrigerated crescent rolls  
¼ c. sour cream  
6 T. mayonnaise type salad dressing  
½ pkg. Ranch Style Salad Dressing  
½ c. shredded cheddar cheese  
assorted fresh vegetables

Separate roll dough into rectangles. Place in a 9 x 13 in. baking dish, stretching to cover and sealing edges and perforations. Bake at 350 ° for 8-9 min. or until lightly brown. Cool. Combine cream cheese, sour cream, salad dressing and salad dressing mix in mixing bowl. Mix until smooth. Spread over crust. Mix cheddar cheese with assorted chopped vegetables such as broccoli, carrots, cauliflower, radishes and green peppers in bowl. Sprinkle evenly over cream cheese layer. Cover with plastic wrap, pressing vegetables lightly into creamed cheese. Chill covered for 3 hrs. to overnight. Cut into bars. Yields 24 bars.

### Apple Snack

Lena Hackler

Wash and core as many apples as desired. Stuff holes with peanut butter. Cut into slices and serve.



## **\*\*Appetizers\*\*\*Appetizers\*\*\*Appetizers\*\***

### Chili Cheese Dip

Nita Grandestaff

2 cans Armour chili with beans      1 lb. Velveeta cheese  
2 cans Armour chili without beans   ½ lb. jalapeno Velveeta cheese

Cut cheese into cubes and place in pan with chili. Heat thoroughly until melted. Serve in chafing dish or crock pot with chips.

### Appetizer Tortilla Pinwheels

Marsha Johnson

8 oz. sour cream  
1 (8 oz.) pkg. cream cheese, softened  
1 (4 oz.) can green chilies, drained  
1 (4 oz.) can chopped black olives, well drained  
1 c. grated cheddar cheese  
½ c. chopped green onions  
garlic powder and seasoned salt to taste  
5 (10 in.) flour tortillas  
Salsa (opt.)

Mix all the filling ingredients together thoroughly. Divide the filling and spread evenly over the tortillas. Roll up tortillas. Cover tightly with plastic wrap, twisting ends. Refrigerate for several hrs. Unwrap; cut in slices of ½ - ¾ in. thick. Serve with Salsa if desired.



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## \*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*

### Picante Potato Cheese Chowder

Marge Loewen

6 slices bacon, diced	2 c. onions, sliced
3 garlic cloves, minced	4 c. potatoes, peeled and cubed
3 c. water	1 c. green peppers, chopped
1 c. picante sauce	1 tsp. salt and pepper to taste
1 lb. Velveeta cheese, cut in cubes	

Cook bacon in large saucepan until crisp. Remove from pan. Drain all but 2 T. drippings. Add onion and garlic to remaining drippings. Cook until tender. Add all other ingredients, except bacon and cheese. Cover and simmer until potatoes are tender, about 20 min. Add cheese, stirring until melted. Ladle into bowls. Top with bacon and serve with more picante sauce. Serves 8 - 10.

### Potato Soup

Mary Buckman

2 T. butter	1/3 c. chopped onions
1/3 c. celery (optional)	4 c. milk
1 c. potato flakes	salt and pepper to taste

Place butter in saucepan. Add onion and celery. Cook until soft. Add milk. Use medium heat until milk is hot but not boiling. Turn off heat and stir in about 1 c. of potato flakes or to desired consistency. Salt and pepper to taste.



## \*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*Soup\*\*\*

### Minestrone Soup

Twila Lee

3 qt. beef broth  
½ c. chopped onion  
½ c. chopped carrots  
¼ tsp. chopped celery  
¼ tsp. basil  
½ c. coarsely chopped cabbage  
½ tsp. garlic powder

1 c. white potatoes, peeled and chopped  
1 tsp. Italian seasoning  
½ tsp. oregano leaf flakes  
¼ c. chopped green pepper  
1 c. diced tomatoes, canned and juice  
2 c. (16 oz.) can cooked navy beans  
¼ tsp. pepper

Place first six ingredients in a large soup kettle (at least 6 qts.). Cover and simmer for 15 min. Add remaining ingredients to soup and simmer for another 15 min. Add water if necessary to make 3 qts. of soup. (Diabetic: 1 cup is 2 vegetable exchange).

### Swiss Soup

Twila Lee

1 T. oleo  
½ c. chopped celery  
¼ c. chopped green pepper  
2 c. shredded cabbage  
¼ tsp. nutmeg

¼ c. chopped onion  
¼ c. chopped carrots  
6 c. beef broth  
salt and pepper

Melt oleo in bottom of saucepan. Add onions, celery, carrots, peppers, and cook. Stir over moderate heat about 5 min. or until the vegetables are limp but not browned. Add broth to vegetables; cover and simmer for 15 min. Add cabbage and seasoning to soup. Cover and simmer another 5 min. or so. (Diabetic: 1 c. is free).



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Holiday Pasta Toss

Mary Nowlan

- 1 (16 oz.) pkg. spiral pasta
- ½ c. Italian salad dressing
- 1 (10 oz.) pkg. frozen, chopped spinach (thawed & drained)
- 1 sm. jar chopped black olives, drained
- 1 sm. jar diced pimento, drained
- 1 tsp. poppy seeds, opt.

Cook pasta according to package directions. Drain. In same pan, heat dressing and thawed spinach over medium heat. Return pasta to pan and toss to coat. Mix pasta, spinach and dressing in a serving bowl with remaining ingredients. Serve warm or chilled.

### 2 Bean Salad

Mary Nowlan

- 1 (10 oz.) pkg. frozen, cut green beans, thawed
- 1 (15 oz.) can garbanzo beans, rinsed and drained
- ⅓ c. Caesar salad dressing
- ¼ c. sliced, green onions
- ¼ tsp. garlic salt
- ⅛ tsp. lemon pepper seasoning

Combine all ingredients in a large bowl. Cover and chill until ready to serve. Yields 4 servings.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Lime Jello Salad

Edna Miller

1 sm. pkg. lime jello  
1 sm. pkg. lemon jello  
cabbage  
carrots  
peppers  
celery  
onion

Dissolve jellos by directions and mix together. Put in refrigerator until partially set. Then add the vegetables. Put in refrigerator and finish setting.

### Quick Salad

Phyllis Merritt

1 sm. box vanilla instant pudding, dry  
1 c. Cool Whip  
1 c. crushed pineapple with juice  
1 c. shredded cheddar cheese  
nuts (optional)

[Mix together and chill.]

### Fruit Salad

Pat Frye

1 (15¼ oz.) can pineapple chunks, drained  
1 (16 oz.) can dark sweet pitted cherries, drained  
1 (11oz.) can mandarin oranges, drained  
1 c. green seedless grapes  
1 c. fat-free sour cream  
½ c. sugar  
½ tsp. vanilla  
1 (3 oz.) pkg. dry banana instant pudding mix  
2 c. miniature marshmallows

Calories/serving: 248.12

Fat: 0

In large bowl, combine all fruit. With electric mixer, blend sour cream, sugar and vanilla until sugar is dissolved. Pour over fruit and stir. Stir in pudding and blend. Fold in marshmallows. Chill and serve. Serves 8.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Frozen Party Salad

Nita Grandestaff

- 1 (8 oz.) pkg. cream cheese, softened
- $\frac{3}{4}$  c. sugar
- 1 large can crushed pineapple, drained
- 1 (10 oz.) pkg. frozen strawberries
- 5 - 6 bananas
- 1 (8 oz.) Cool Whip

Mix cream cheese and sugar with mixer until blended good. Add drained pineapple, frozen berries, and bananas. Then add Cool Whip. Mix with spoon and freeze and enjoy! Optional: top with chopped nuts. Cover with foil and freeze. Can keep frozen up to two weeks.

### Pudding Fruit Cup Salad

Jody Snell

- 1 (11 oz.) can mandarin oranges, drained
- 1 (16 oz.) can fruit cocktail, drained
- 1 (20 oz.) can pineapple tidbits, undrained
- 1 (3.5 oz.) box instant lemon pudding
- 2 bananas

In large serving bowl, combine fruit. Stir in dry pudding. Mix well. Cover and refrigerate. Just before serving, stir in two sliced bananas. Will keep two or three days in refrigerator.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Pretzel Salad

Nita Grandestaff

#### Crust:

2 ½ c. crushed pretzels  
¾ c. melted butter  
3 T. sugar

Mix and press into a 9 x 13 in. pan.  
Bake at 375° for 10 min. Cool.

#### Cream Cheese Mixture:

1 (8 oz.) pkg. cream cheese  
1 c. sugar  
1 tsp. vanilla

Whip ingredients together

Whip 1 pkg. Dream Whip with ½ c. milk and mix with cream cheese mixture.  
Spread over pretzel mix.

1 family size pkg. strawberry jello  
2 c. boiling water  
2 cartons frozen strawberries

Dissolve jello in boiling water. Add frozen strawberries. Cool until slightly jelled. Pour over cream cheese mixture. Top with cool whip. Sprinkle with pretzels.

### Layered Jello

Shirley Hackler

6 (3 oz.) boxes jello, different flavors

Do one box at a time. Dissolve jello in 1 c. hot water. Divide in half. To one of the halves, add 3 T. cold water and mix well. To the other half, add 1/3c. sour cream. Now you have a clear half and a creamy half. In a 9 x 13 in. clear glass dish, pour in one layer, creamy or clear—your choice. Put in refrigerator to set up. Alternate layering of clear and creamy halves and colors. Allow 20-30 min. for each layer to set up before pouring on the next layer.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Sauerkraut Salad

Merle Risley

1 (3 ½ oz.) can sauerkraut, drained  
1 c. chopped celery                      ¼ c. chopped carrots  
½ c. chopped green pepper            1½ c. chopped onion  
½ c. vinegar                                ¾ c. sugar

Combine sugar and vinegar. Heat thoroughly. Pour over vegetables and sauerkraut. Mix well. Cover and store in refrigerator. Keeps well.

### Marinated Carrot Salad

Ruth Hook

2 lbs. carrots, peeled and sliced    1 bell pepper, chopped  
1 medium onion, sliced                1 can tomato soup  
1 c. sugar                                  ¾ c. vinegar  
½ c. cooking oil

Cook carrots, onion and pepper until tender. In sauce pan, mix tomato soup, sugar, vinegar and cooking oil. Boil for 5 min. Pour over vegetables. Mix well. Place in refrigerated dish. Can be eaten hot or cold. Will keep two weeks. Let stand overnight before serving.

### Sauerkraut Salad

Gay Mullins

2 cans sauerkraut                      1 chopped onion  
1 c. chopped celery                    1 large green pepper, chopped  
1 jalapeno pepper, chopped          1 sm. jar pimento  
½ c. vinegar                                ½ c. sugar

Bring sugar and vinegar to a boil. Pour over salad. Refrigerate for 24 hrs. Serve with lasagna dish.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Pea and Peanut Salad

Gay Mullins

1 (16 oz.) sour cream	1-2 pkg. frozen peas
1 can spanish peanuts	1 tsp. garlic salt or less
1 tsp. lemon juice (Real lemon)	1 tsp. Worcestershire sauce

Spread peas on terry cloth towel to thaw. Mix all ingredients together.

### 7 Layer Salad

Barbara Dellinger

1 layer lettuce	1 layer minced onion
1 layer peas	1 layer grated carrots
1 layer hard boiled eggs, sliced	

Place in a 9 x 12 in. pan or bowl. Cover with Miracle Whip. Top with shredded cheddar cheese and Bac-o's.

### Cabbage-Tomato Salad

Ethel Logan

3 c. chopped cabbage	3 slices chopped onion
1/4 - 1/3 c. vinegar	1/4 c. sugar
1 tsp. salt	liberal pepper
1/3 - 1/2 c. canned tomatoes (use some juice)	

Mix above ingredients together and serve.



## **\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\*\*Salad\*\***

### Hot Slaw

Sibyl Joy

1 med. cabbage, 2 lbs.	¼ c. brown sugar
6 strips bacon	½ tsp. dry mustard
½ tsp. celery seed	¼ c. vinegar
1 onion, sliced	½ tsp. salt

Shred cabbage, slice onion and set aside. Cut bacon into pieces. Cook to crispness in frying pan. When cooked, remove bacon pieces, leaving grease in pan. To grease, add sugar, celery, mustard, salt and vinegar. When the mixture is very hot, pour on cabbage and mix well. Add bacon pieces.

### Hominy Salad

Sibyl Joy

1 (15 ½ oz.) can white hominy	¼ c. chopped green pepper
2 T. chopped onion	1 c. sliced celery
¼ c. sliced olives	1 tsp. salt
¼ tsp. pepper	¼ tsp. celery seed
1 c. cubed or grated cheese	¼ c. mayonnaise

Rinse hominy and drain well. Combine with remaining ingredients and chill well. Serve on lettuce. Garnish with tomato wedges and more mayonnaise if desired. Makes 4 - 6 servings.

### Cottage Cheese Salad

Merle Risley

1 (3 oz.) pkg. lemon jello	1 c. Miracle Whip
1 (12 oz.) carton cottage cheese	¼ c. green pepper, chopped
¼ c. celery, chopped	¼ c. onion, chopped

Dissolve jello in 1 c. boiling water. Let set slightly. Add Miracle Whip and cottage cheese. Add green pepper, celery and onion. Chill.



Spicy Chicken Salad

Serves 4-6

1 lb. chicken breast, cooked and shredded  
1/2 cup mayonnaise  
1/4 cup sour cream  
1/4 cup lemon juice  
1/4 cup Dijon mustard  
1/4 cup hot sauce  
1/4 cup chopped onion  
1/4 cup chopped celery  
1/4 cup chopped green bell pepper  
1/4 cup chopped red bell pepper  
1/4 cup chopped carrot  
1/4 cup chopped cucumber  
1/4 cup chopped avocado  
1/4 cup chopped tomato  
1/4 cup chopped lettuce  
1/4 cup chopped chives  
1/4 cup chopped dill  
1/4 cup chopped parsley  
1/4 cup chopped basil  
1/4 cup chopped oregano  
1/4 cup chopped thyme  
1/4 cup chopped rosemary  
1/4 cup chopped sage  
1/4 cup chopped lavender  
1/4 cup chopped lemon balm  
1/4 cup chopped mint  
1/4 cup chopped basil  
1/4 cup chopped oregano  
1/4 cup chopped thyme  
1/4 cup chopped rosemary  
1/4 cup chopped sage  
1/4 cup chopped lavender  
1/4 cup chopped lemon balm  
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1/4 cup chopped green bell pepper  
1/4 cup chopped red bell pepper  
1/4 cup chopped carrot  
1/4 cup chopped cucumber  
1/4 cup chopped avocado  
1/4 cup chopped tomato  
1/4 cup chopped lettuce  
1/4 cup chopped chives  
1/4 cup chopped dill  
1/4 cup chopped parsley  
1/4 cup chopped basil  
1/4 cup chopped oregano  
1/4 cup chopped thyme  
1/4 cup chopped rosemary  
1/4 cup chopped sage  
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1/4 cup chopped green bell pepper  
1/4 cup chopped red bell pepper  
1/4 cup chopped carrot  
1/4 cup chopped cucumber  
1/4 cup chopped avocado  
1/4 cup chopped tomato  
1/4 cup chopped lettuce  
1/4 cup chopped chives  
1/4 cup chopped dill  
1/4 cup chopped parsley  
1/4 cup chopped basil  
1/4 cup chopped oregano  
1/4 cup chopped thyme  
1/4 cup chopped rosemary  
1/4 cup chopped sage  
1/4 cup chopped lavender  
1/4 cup chopped lemon balm  
1/4 cup chopped mint



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken and Dressing

Blanche Miller

- 2 c. cooked chicken, cut in pieces
- 1 can cream of mushroom soup
- 2 c. bread crumbs
- 2 eggs
- 1 small onion, diced
- 1 c. milk
- 1 c. chicken broth

Mix all ingredients, except soup, together. Put in pan and add the can of soup on top. Bake until fully cooked. (Brought to Prairie Grove School over 50 years ago).

### Crescent Taco Pie

Phyllis Merritt

- 1¼ lbs. lean ground beef
- ½ c. water
- 1 (8 oz.) pkg. crescent rolls
- 6 slices American cheese
- sliced black olives
- 1 (8 oz.) carton sour cream

- 1 pkg. taco seasoning mix
- ½ c. chunky salsa
- 1½ c. crushed corn chips
- shredded lettuce
- diced tomatoes

Brown meat in large skillet, drain grease. Add seasoning mix, water and salsa. Simmer 5 min. Spread crescent rolls in a 10 in. pie plate to form crust. Press edges and seams together. Sprinkle 1c. corn chips on crust, reserving ½ c. Spoon on meat mixture. Spread sour cream over meat. Cover with cheese slices and remaining chips. Bake at 375° for 20 min. until crust is brown. Serve topped with lettuce, olives and tomatoes. Serves 6.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken Enchiladas

LeAnn Kruckenberg

1 can cream of mushroom soup	18 corn tortillas
1 can chicken broth	1 (8 oz.) pkg. Monterey Jack cheese, (grated)
2 cans chunky chicken	1 (8 oz.) pkg. Cheddar Cheese, grated
1 small can diced green chilies	
1 fresh tomato, chopped	
1 tsp. onion powder	
½ tsp. garlic powder	
dash cayenne, opt.	

Mix everything, but the tortillas and cheese, together and heat in saucepan. In an 11 x 13 in. pan, layer corn tortillas, then 1/3 of sauce mix on top of that, then 1/3 of cheeses. Continue layering, ending with cheese. Bake at 350° for 25 min. or until thoroughly heated.

### Oven Fried Fish

Mary Nowlan

1 ½ lbs. frozen cod or haddock fillets, thawed  
2 T. butter or oleo, melted  
½ c. crushed wheat crackers or seasoned dry bread crumbs  
2 T. grated Parmesan cheese  
1 T. dried parsley flakes  
½ tsp. Italian seasoning

Cut fish into serving size pieces. Place in a greased 13 x 9 in. baking dish. Brush with butter. Combine remaining ingredients. Sprinkle over fish. Bake uncovered at 425° for 10-15 min. or until fish flakes easily with fork. Yields 4 servings.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken Rice Casserole

Barbara Dellinger

2 chicken breasts (cooked and diced)	2 c. uncooked minute rice
2 c. broth	8 oz. Cheez Whiz
1 can cream of chicken soup	1 bunch broccoli, cooked
2 T. Hidden Valley Original Party Dip	

Mix together and bake one hour at 350°. This recipe is quick, easy and good.

### Chicken Pot Pie

Barbara Dellinger

#### Filling:

1/3 c. butter	1 3/4 c. chicken broth
1/3 c. flour	2/3 c. milk
1/3 c. onion, chopped	2 c. cooked chicken, diced
1/2 tsp. salt	1 (10 oz.) pkg. peas and carrots, frozen
1/4 tsp. pepper	

Melt butter. Add flour, onion and seasonings; cook. Add chicken broth and milk and continue to cook for one min. Stir in chicken and frozen peas and carrots. Set aside.

#### Pastry:

2 c. flour	2/3 c. + 2 T. shortening
1 tsp. salt	4-5 T. ice water

Prepare pastry dough. Roll out and line pan. Pour filling into pan. Top with remaining dough. Cut slits in top to allow steam to escape. Bake at 425° for 30-35 min. (I use a deep dish pie pan for this recipe).



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Velveeta Salsa Mac 'N Cheese

Inetha Healey

- 1 lb. ground beef
- 1 (16 oz.) jar chunky salsa
- 1 $\frac{3}{4}$  c. water
- 2 c. elbow macaroni, uncooked
- $\frac{3}{4}$  lb. (12 oz.) Velveeta cheese, cut up

Brown meat in large skillet. Drain grease. Add salsa and water. Bring to a boil. Stir in macaroni. Reduce heat to medium-low. Cover with tight fitting lid. Simmer 8-10 min. or until macaroni is tender. Add Velveeta. Stir until melted. Makes 6 servings.

### Creamy Chicken or Tuna and Noodles

Inetha Healey

- 1 can cream of chicken soup or one of the below recipe
- 1 (6 oz.) can of tuna or chicken
- 10 oz. favorite pasta

Cook noodles until done. Add meat and soup. Heat well.

#### Cream Soup Mix:

- 2 c. powdered milk
- $\frac{3}{4}$  c. cornstarch
- $\frac{1}{4}$  c. chicken bouillion granules

Mix together and store in an airtight container until ready to use. Yields about 11 cups of soup.

To make 1 $\frac{1}{4}$  c. of soup, combine  $\frac{1}{3}$  c. mix with 1 $\frac{1}{4}$  c. cold water. Heat over moderate heat, stirring constantly until thick. Flavor with your preferred spices.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken and Rice

Denice Phipps

- 2 (6 oz.) cans chicken
- 2 c. instant rice, cooked
- 1 can cream of chicken soup
- 1 c. Velveeta cheese, cut in cubes

Cook rice as directed. In baking dish, put cans of chicken, soup and cheese cubes together. Microwave 5 min. Add rice. Stir together and serve.

### Cheesy Broccoli Tuna Bake

Denice Phipps

- 1 (12 oz.) pkg. Reames frozen egg noodles
- 1 (11 oz.) can cheddar cheese soup
- 1 (5 oz.) can evaporated milk
- 1 tsp. instant dried onions
- 1 (12½ oz.) can tuna, drained
- 1 (4 oz.) can mushroom pieces, drained, opt.
- 1 (10 oz.) pkg. chopped broccoli, thawed
- 1 c. shredded mild cheddar cheese

Cook noodles in boiling water for 20 min. Blend soup and milk into a smooth sauce. Add onion and mushrooms to sauce. Drain noodles. Preheat oven to 350°. In baking dish, layer 1½ c. noodles, 1/3 c. tuna and 1 c. broccoli. Pour in 1 c. of sauce, repeat layers. Bake 20 min., then add cheese and bake 15 min. more.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Spicy Beef Chili

1 lb. ground round  
2 garlic cloves, chopped  
1 tsp. ground coriander  
¼ tsp. salt and pepper, each  
dash of hot sauce  
¼ c. + 2 T. (1½ oz.) shredded 40% less fat cheddar cheese  
1 (14 ½ oz.) can whole tomatoes—no salt added, undrained and chopped  
1½ c. tomato juice—no salt added  
½ c. canned beef broth—no salt added

### Olive Westmoreland

1 c. chopped onion  
1 (16 oz.) can red kidney beans  
½ tsp. ground cumin  
⅛ tsp. ground hot pepper  
2 tsp. corn starch

Coat a dutch oven with cooking spray. Place over medium heat until hot. Add ground round. Cook until browned, stirring to crumble. Remove from pan. Drain and pat dry with paper towels. Wipe drippings from pan. Coat dutch oven with cooking spray. Add onion and garlic; saute five min. or until onion is tender. Return meat to dutch oven. Drain and rinse beans; add to meat mixture. Add tomatoes, tomato juice and spices. Bring to a boil over medium heat. Cover and reduce heat and simmer 15 min., stirring occasionally. Combine beef broth and corn starch, stirring well. Add to beef mixture. Bring to a boil, stirring constantly and cook one min. or until thickened and bubbly. Ladle into bowls. Sprinkle with cheese and serve immediately.

### Diabetic exchange:

2 lean meats  
1 starch  
1 vegetable



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Cayenne Chicken

Eric Hackler

Cut skinless, boneless chicken breasts in bite-size pieces (one breast per person). Season chicken with onion powder, garlic powder, seasoned salt and cayenne pepper as desired. Heat pam coated skillet on high. Add seasoned chicken. Cook until most of the moisture is off of the chicken and it starts to brown. Right before serving, sprinkle on soy sauce and finish browning chicken. Serve hot with rice or wrap in warm tortillas and cheddar cheese.

### Quick Skillet Stew

Lyla McCoy

- |                      |                              |
|----------------------|------------------------------|
| 1 lb. hamburger      | 1/2 medium onion, diced      |
| 1 can diced tomatoes | 1 large can mixed vegetables |

Brown hamburger and onion in large skillet, drain grease. Add tomatoes, vegetables and simmer slow for 30 min. Serve hot.

### Chalupa

Cathy Nolan

- |                         |                             |
|-------------------------|-----------------------------|
| 1 lb. pinto beans       | 2 T. chili powder           |
| 3 lbs. pork roast, lean | 1 T. cumin                  |
| 7 c. water              | 1 tsp. oregano              |
| 1/2 c. chopped onion    | 1 can chopped green chilies |
| 1 T. salt               | corn chips                  |

Combine all ingredients except chips. Cook 5 hours or until roast falls apart. Serve over chips. Top with lettuce, tomato, cheese, picante sauce and sour cream, as desired. Served plain is good too.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Salmon Burgers

Twila Lee

1 (15 oz.) can salmon  
½ c. chopped onion  
½ c. fresh bread crumbs  
⅛ tsp. pepper

1 egg, slightly beaten  
½ c. chopped green pepper  
1 T. lemon juice

Drain salmon; combine ingredients. Mix well. Form into patties. Pan fry in small amount of oil until lightly browned on both sides.

### Spaghetti with Savory Sauce

Olive Westmoreland

1 lb. ground raw turkey  
2 c. + 3 T. water  
¼ tsp. garlic powder  
1½ (6 oz.) can tomato paste  
(no salt added)

3 T. minced onion  
2 tsp. dried Italian seasoning  
¼ tsp. salt  
6 oz. spaghetti (uncooked)  
1 T. Parmesan cheese, freshly grated

Coat a large non-stick skillet with cooking spray. Place over medium heat until hot. Add turkey and onion. Cook over medium heat until lightly browned, stirring to crumble. Drain and pat dry with paper towels. Wipe dripping from skillet. Add turkey mixture, water and the next four ingredients to skillet. Bring to a boil; reduce heat and simmer 10 min. or until thickened, stirring occasionally. Cook spaghetti according to directions, omitting salt and fat. Drain. Place on serving platter; top with sauce. Sprinkle with cheese. Makes 6 (1 ½ c. servings).

Diabetic exchange per serving:  
2 starch  
3 very lean meat

Calories: 237  
Carbohydrates: 28.6 grams  
Protein: 22.0 grams  
Fat: 3.8 grams  
Cholesterol: 44 mgs.  
Fiber: 1.4 grams  
Sodium: 173 mgs.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Hamburger Cheese Casserole

Gay Mullins

- 1 lb. hamburger
- 1/4 c. onion, chopped
- 4 medium potatoes, diced
- 5 slices Velveeta cheese
- 1 can cream of mushroom soup

Brown hamburger and onion; put in baking dish. Add potatoes and cheese. Pour mushroom soup over the top. Bake in a 350° oven about 45 min. or until potatoes are soft.

### Hamburger Casserole

Gay Mullins

- 1 lb. hamburger
- 1 onion, chopped
- 1/2 c. raw rice
- 1 can cream of celery soup
- 1 1/2 c. water

Fry hamburger and onion together, drain grease. Add rest of ingredients and bake for two hrs. at 350°.

### Potato Boats

Mary Nowlan

- 6 servings mashed potatoes
- Velveeta cheese
- Bologna

Fry bologna, top with mashed potatoes and cheese. Can use instant potatoes, if desired.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Sweet and Sour Meatballs

Marge Loewen

2 lbs. ground beef  
1 c. cornflake crumbs  
2 eggs  
2 T. soy sauce

¼ tsp. pepper  
½ tsp. garlic salt  
2 T. minced onion  
⅓ c. ketchup

Blend and make into balls. Brown in skillet lightly (brown quickly). Place in casserole dish.

#### Sauce:

1 can jellied cranberry sauce  
2 T. brown sugar

1 bottle chili sauce  
1 T. lemon juice

Cook until blended. Pour over meatballs and bake uncovered for 30 min. at 350°. Freezes well.

### Chicken Casserole

Sibyl Joy

1 pkg. frozen peas, or broccoli, or green beans  
Chicken, cooked and cut up  
1 can cream of chicken soup  
⅓ c. mayonnaise  
2-3 slices bread, cut in cubes  
slivered almonds

Layer in casserole dish the vegetable and chicken. Mix together soup, mayonnaise and bread cubes. Spread mixture over vegetable and chicken. Sprinkle with almonds. Drizzle with melted oleo. Bake at 350° about 30 min. or until top is brown.

#### Substitutes:

uncooked chicken parts and bake longer or pre-bake in microwave  
cheese croutons instead of bread cubes  
may use cooked chicken breasts



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Taco Salad

Randy Lucas

1 lb. ground beef  
green pepper, opt.  
2 cans kidney beans  
1 pkg. taco seasoning  
Nacho chips

onion flakes to taste  
jalapeno peppers, opt.  
1 can Nacho cheese soup  
shredded cheddar cheese

Brown hamburger, onion and peppers in dutch oven; drain. Open cans of kidney beans and drain. Combine meat mixture with beans. Add nacho cheese soup, undiluted, and taco seasoning. Set aside to soak up flavor. Layer in dish the crushed nacho chips, reheated meat, cheese and top with more crushed nacho chips. Heat in a 350° oven for 10-15 min. Top with lettuce, tomatoes (diced), black olives, etc.

### Quick and Easy Mexican Pasta

Marge Loewen

1 lb. Rotelle pasta	1 (10 oz.) can red kidney beans
1 can pitted black olives, drained	1 (15 oz.) can salsa style chunky tomatoes
1 c. sour cream	
1 c. shredded cheddar cheese	

Cook pasta according to package directions. Meanwhile, rinse and drain beans and slice olives. Drain pasta and transfer to a large serving bowl. Immediately stir in tomatoes, beans and olives. Top each serving with sour cream and cheese. Serves 6.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Enchilada Pie

Cathy Nolan

2 lbs. ground beef	½ tsp. pepper
1 onion	2 - 3 T. chili powder
1 tsp. salt	18 corn tortillas
1 (15 oz.) can tomato sauce	1½ c. water
2 - 3 c. grated cheddar cheese	

Brown meat and onion; drain. Add seasonings to tomato sauce and water. Simmer ten minutes. Put one- third of shells in bottom of sprayed pan. Put half of meat sauce over shells, then a third of the cheese, one-third shells, and rest of meat. Add rest of shells. Save some of juice from meat sauce and mix with cheese. Spread cheese over top layer of shells and bake at 350° for 30-35 min. or until cheese is bubbly and golden brown. If you don't have enough juice for flavoring cheese, use ½ c. mild picante sauce with cheese.

### Chili Pie

Cathy Nolan

2 lbs. hamburger, browned and drained  
2 cans cream of mushroom soup  
1 large onion, chopped  
12 corn tortillas  
2 c. Mozzarella cheese  
4 - 8 green chilies, to your taste  
½ bell pepper for more flavor, opt.

Brown onion and hamburger together; drain. Salt and pepper to flavor. Stir in soup and chopped peppers. Simmer ten minutes. Layer half of corn tortillas, half hamburger mixture, and a third of cheese. Repeat putting extra cheese on top. Bake at 350° for 30-35 min. or until lightly golden. Cool five minutes. Cut in squares and serve.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken Cordon Bleu Casserole

Twila Lee

4 c. cooked chicken, cut up	1(12 oz.) pkg. Swiss cheese
2 cans cream of chicken soup	¼ can water
3 c. ham, diced	2 c. dry bread crumbs

Combine chicken, soup and water. Mix well. Spread in a 9 x 13 in. pan. Top with a layer of cheese. Cover with the diced ham then another layer of the cheese. Top with bread crumbs. Bake 30-40 min. at 350°.

### 3 Bean Bake

Marsha Johnson

1 can butter beans	1 (28 oz.) Bush's baked beans
1 can kidney beans	½ - 1 lb. hamburger
onion	

Brown hamburger and onion; drain. Add beans. Add mixture below:

½ c. ketchup	2 T. vinegar
1 T. mustard	¾ c. brown sugar

Heat in a 350 ° oven or heat in crock pot.

### Leprechaun Pie

Frieda Clothier

1 (24 oz.) can beef stew	1 (2 oz.) can mushrooms
1 can refrigerated biscuits	

Mix stew and mushrooms in an 8 x 8 in. baking dish. Put biscuits on top. Bake in a 350 ° oven for 20 min. or until light brown.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken/Dressing Casserole

Jody Snell

- 1 whole chicken, cooked and deboned
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 1 box stuffing mix
- 2 c. chicken broth drained from cooked chicken
- 1 stick oleo (I just use ½ stick)
- 1 can milk

Cook chicken until tender (I use crock pot). Mix two soups with one can of milk. Bring to a boil and pour over cut up chicken in a 9 x 13 in. baking dish. Sprinkle stuffing over all. Melt oleo in chicken broth and pour over stuffing. Bake at 350° for 30-40 min.

### Mom's Old-fashion Tacos

Denice Phipps

- 1 pkg. corn tortillas
- 1 sm. can pork and beans
- 1 lb. hamburger

- 6-8 potatoes, cut in small squares
- 1 c. grated cheese
- bottle of French dressing, opt.

Fry hamburger until brown and crumbly; drain grease. In a separate pan, fry potato squares in oil until golden brown. Spoon potatoes out of grease and place on paper towel lined dish. Use grease from potatoes to fry corn shells. Slightly dip shells in grease to heat them. Don't fry them long. They will turn hard if you leave them in the grease for a long time. Pat grease from shells and fold in half. Fill tacos with ingredients and top with French dressing, if desired.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Turkette

Twila Lee

3 oz. broken spaghetti  
1/2 c. chopped onion  
1/2 tsp. salt  
1 1/2 c. turkey, cut in small pieces  
1 can cream of mushroom or chicken soup  
1 3/4 c. grated cheese (save half for top)

1/2 c. chopped green pepper  
1/2 c. milk  
1/8 tsp. pepper

Boil and drain spaghetti. Toss all ingredients together with spaghetti in large casserole dish. Top with grated cheese. Bake at 350° for 45 min. uncovered.

### Poppyseed Chicken

Jody Snell

1 whole chicken, cooked, skinned and cut up  
1 (8 oz.) carton sour cream  
1 can cream of chicken soup

Mix all of the above and put in an 8 x 10 in. baking dish.

#### Topping:

1 1/2 c. Ritz cracker crumbs  
1 stick oleo, melted

Mix together and put on top. Sprinkle with 1 T. of poppy seed. Bake at 350° until it bubbles.



## \*\*\*Main Dish\*\*\* Main Dish\*\*\*Main Dish\*\*\*

### Chicken Enchilada Casserole

Mary Nowlan

1 c. chopped onion	½ c. chopped green pepper
2 T. butter	2 c. chopped cooked chicken or turkey
1 (4 oz.) can green chili peppers (seeded, rinsed and chopped)	12 (6 in.) tortillas

In large saucepan, cook onion and pepper in the 2 T. butter until tender. Combine in bowl with chicken and chili peppers. Set aside.

#### White Sauce:

3 T. butter	1 c. sour cream
¼ c. flour	1 ½ c. shredded Monterey Jack cheese
¾ tsp. salt	2 ½ c. chicken broth

In same sauce pan, melt 3 T. butter. Blend flour and salt; then stir in chicken broth. Cook and stir until bubbly. Remove from heat and stir in sour cream. Add ½ c. of cheese. Now pour ½ c. of this sauce into the chicken mixture. Fill each tortilla with about ¼ c. of the chicken mixture. Roll up and place in a 13 x 9 in. pan. Pour remaining sauce over tortillas. Sprinkle with remaining cheese. Bake 350° for 20-25 min.

### Mexican Casserole

Mary Nowlan

1 lb. ground beef	½ c. chopped onion
1 can refried beans	1 sm. bag Doritos (Nacho cheese flavor)
shredded cheddar cheese, as desired	
sm. jar taco sauce	

Brown ground beef and onion together; drain. Add refried beans and taco sauce. Set aside. Crush bag of Doritos and layer bottom of a 9 x 12 in. pan with the chips. Put hamburger mixture over this and cover with shredded cheddar cheese. Bake 350° for 20-25 min.



## **\*Vegetables\*\*\*Vegetables\*\*\*Vegetables\***

### Baked Lima Beans

Twila Lee

4 c. cooked lima beans, drained      1 c. sour cream  
1/4 c. brown sugar                      1/8 tsp. dry mustard

Mix beans with sour cream, sugar and mustard. Put in flat baking dish. Place two slices of bacon on top and bake at 350° for 45 min.

### Baked Beans

Marge Loewen

1/2 lb. hamburger                      1/2 tsp. chili powder  
1/2 c. onion                              2 T. molasses  
1/3 c. brown sugar                      2 tsp. dijon mustard  
1/2 c. barbecue sauce                      1/4 c. ketchup  
1/2 tsp. salt and pepper, each              10 slices bacon, cooked & crumbled  
1 (15 oz.) can kidney beans, drained  
1 (15 oz.) can butter beans, drained  
1 (16 oz.) can pork and beans, drained

Brown hamburger and onion together. Add rest of ingredients and put in a 2 1/2 qt. casserole dish. Bake at 350° for 1 hour. Serves 8-10.

### Mashed Potato Casserole

Mary Buckman

8-10 potatoes, mashed                      1 (8oz.) pkg. cream cheese  
1 1/2 c. sour cream                              butter, salt and pepper, to taste

Put ingredients in a greased 9 x 13 in. casserole dish. Sprinkle seasoned salt on top. Add shredded cheddar cheese on top. Bake at 350° for 20 min. Serves 10-12. (Instant potato flakes work well).



## **\*Vegetables\*\*\*Vegetables\*\*\*Vegetables\***

### Broccoli and Rice Casserole

Pat Frye

1 can Campbell's 99% fat-free cream of chicken soup  
2 tsp. dry onion flakes  
2 tsp. Molly McButter  
½ c. fat-free sour cream  
1 pkg. dry Ranch dressing mix  
1 (14½ oz.) can chicken broth, defatted  
2 c. minute rice, uncooked  
1 ½ c. freshly chopped broccoli or 1 (10 oz.) box frozen broccoli  
½ c. fat-free cheese, grated  
black pepper to taste

Pre-heat oven to 350°. In large bowl, combine soup, onion flakes, Molly McButter, sour cream, dry dressing mix and chicken broth. Beat with electric mixer until smooth. Add rice, broccoli and cheese and stir with spoon. Add pepper. Pour mixture into greased casserole dish. Cover and bake at 350° for 40 min. Makes 8 servings.

Calories per serving: 139.6

Fat per serving: 1.12

### Marvelous Mashed 'Taters

LeAnn Kruckenberg

5 lbs. potatoes, peeled and boiled  
1 (8 oz.) carton sour cream  
1 (6 oz.) pkg. cream cheese  
1 stick oleo  
1 tsp. onion powder  
½ tsp. salt  
white pepper, to taste

Mash potatoes with all other ingredients. Will keep for up to six weeks in refrigerator and can also freeze.



## **\*Vegetables\*\*\*Vegetables\*\*\*Vegetables\***

### Scalloped Potatoes

Lena Hackler

5-7 potatoes  
1 can cream of chicken or mushroom soup  
¼ can milk  
American cheese slices  
onion powder, to taste  
1 tsp. salt  
pepper to taste

Clean potatoes and slice thin. Mix milk, soup, and seasonings together in bowl. Pour over potatoe slices and mix well. Put in a greased rectangular baking dish. Put three dabs of oleo on top. Cover and bake one hour at 350°. Remove cover and finish baking for about 45 min. Put cheese slices on top and allow to soften before serving. (Can also be cooked in microwave for about 20 minutes, turning dish around after 10 min.)

### Yellow Squash Casserole

Edna Miller

4 c. squash, cooked and drained	1 T. onion, chopped
12 crackers, crumbled	½ c. cheddar cheese, grated
2 eggs, beaten	1 tsp. salt and pepper, each
½ stick oleo	

Melt oleo. Mix other ingredients together. Put in baking dish. Pour oleo over it and sprinkle cheese on top. Bake at 350° for 45 min. (This was from niece Sharon Allen of Stafford)



## **\*Vegetables\*\*\*Vegetables\*\*\*Vegetables\***

### Corn Casserole

Joyce Hallums  
Yale Murphy

1 c. diced onion	½ c. diced pepper, bell or Anaheim
⅓ c. vegetable oil	⅛ tsp. cumin
¼ tsp. mild cajun	¼ tsp. black pepper
pinch of cloves	3 eggs, beaten
1 (8½ oz.) box Jiffy corn muffin mix	
1 (16 oz.) can cream style corn	
1 (16 oz.) whole kernel corn	
1 c. sour cream	
1⅓ c. grated cheese (I prefer sharp cheddar)	
½ - ¾ c. cottage cheese	

Saute onion and pepper in oil. Add spices. Add eggs, dry Jiffy mix and next four ingredients (reserve ½ c. grated cheese for topping). Pour into a 9 x 14 in. buttered pyrex (bake for 45 min.) or 2½ - 3 qt. casserole dish (bake for 50-60 min). Dollop top with cottage cheese. Top with leftover grated cheese. Bake at 350°. For variety, exchange the cottage cheese and sour cream. Adjust amounts accordingly. (I abridged a recipe that Norva Lee Miller gave me in 1995).



# \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

## French Country Bread

Rob Kruckenberg

### Starter:

1 c. warm water (105°-115° F.)	1 c. rye flour
1 T. honey	1 c. + 1 T. bread flour
1 envelope dry yeast	

### Bread:

2¾ c. warm water (105°-115° F.)	1 envelope dry yeast
6 c. (about) bread flour	¾ c. rye flour
1½ T. salt	

**For Starter:** mix water and honey. Add yeast and let set until foamy—about 10 minutes. Add flour and knead. Let set overnight, covered in bowl, at room temperature.

**For Bread:** dissolve yeast in ¼ c. warm water. Mix 3 c. flour, all of rye flour, water and yeast mixture. Add 2 more cups of flour. Mix well. Add all of sponge starter and salt plus enough flour to knead. Knead about 5 min. Let rise until double—1 hr. Punch down. Form two round loaves. Cover and let rise until double—about 1-2 hrs. Preheat oven to 450°. For crispy crust, put ½ c. water in baking pan. Place pan with water on bottom rack under bread pan to produce steam. Slash loaves and bake for about 35 min.

## White French Bread

Rob Kruckenberg

7 c. all-purpose flour	2 pkg. yeast
4 tsp. salt	3 c. warm water (105°-115° F.)

Mix dry mixture together. Add water and knead. Let rise until double—about 1 hr. Form into two loaves, round or long. Allow to rise until double—about 1 hr. Slash loaves, brush with water. Bake at 425° for 25-30 min. For crispy crust, add 1/2 c. water to pan and place on bottom rack under bread pan.



## \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

### Low-fat Zucchini Muffins

Cathy Nolan

3 eggs (or $\frac{3}{4}$ c. egg beaters)	1 c. applesauce
2 c. sugar	2 - 3 c. grated zucchini
2 tsp. vanilla	(3 c. makes moister muffins)
3 c. flour	1 tsp. soda
$\frac{1}{4}$ tsp. baking powder	1 tsp. salt
3 tsp. cinnamon	

Mix moist ingredients; mix dry ingredients. Combine two mixtures and bake in two greased pans or 24-30 sprayed muffin papers. Bake at 325° about 1 hr. for loaves or 25 min. for muffins.

### Topping for muffins:

3 T. brown sugar	2 tsp. cinnamon
2 T. finely chopped nuts	

Sprinkle on before baking. (I think topping really adds to the muffins).

### Mexican Corn Bread

Cheryl Field

$\frac{1}{4}$ c. veg. shortening, oil, or drippings	
1 c. yellow corn meal	1 c. flour
1 - 2 T. sugar	1 T. baking powder
$\frac{1}{2}$ tsp. salt	1 c. milk
1 egg, beaten	

If using shortening, melt it. Combine dry ingredients. Add milk and egg. Mix until blended. Add melted shortening; mix well. Stir one (8 oz.) can whole kernel corn, drained, and one (4 oz.) can chopped green chilies, drained, into batter. Pour into greased 8 or 9 in. square pan. Bake at 425° for 25-30 min. or until toothpick inserted into center comes out clean. Remove from oven; top with  $\frac{1}{2}$  c. (2 oz.) shredded cheddar or Monterey Jack cheese.



## \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

### Banana Muffins

Kami Phipps

1 c. sugar	1/3 c. water
1/3 c. oleo	1 2/3 c. flour
2 eggs	1 tsp. baking soda
4 mashed bananas	1/2 tsp. salt
1/4 tsp. baking powder	

Pre-heat oven to 350°. Mix sugar and oleo. Stir in eggs until blended. Add bananas and water. Beat for 30 sec. Stir in remaining ingredients until moistened. Pour into muffin cups. Bake until toothpick comes out clean, about 20 min.

### Refrigerated Molasses Muffins

Shirley Hackler

3/4 c. raisins (cook for 5-10 min. before adding to batter)	
1 c. white sugar	1 c. molasses
1 c. (scant) shortening	1 c. buttermilk (or use 2 T. vinegar + milk to equal 1 c.)
4 c. flour	1/4 tsp. allspice
4 eggs	1/2 tsp. salt
2 tsp. (scant) cinnamon	
2 tsp. soda	

Cream shortening and sugar. Add raisins, molasses, flour, egg and spices. Add soda to buttermilk; then add to rest of mixture. Bake in greased muffin tins at 350° until done. (This batter will keep in refrigerator for as long as a month).



## \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

### Grandma's Ginger Bread

Ruth Hook

½ c. butter  
½ c. sugar  
1 egg, beaten  
1 c. hot water  
1 c. molasses  
2 ½ c. sifted flour

1 tsp. cinnamon  
1 tsp. ginger  
½ tsp. cloves  
½ tsp. salt  
1½ tsp. soda

Cream butter and sugar. Add beaten eggs. Mix molasses with hot water and add to first mixture. Measure and sift all dry ingredients together. Add a little at a time to liquid mixture and beat well. Bake in pan for 40-45 min. at 350° oven. Don't overbake. (This was my Grandma's recipe. I serve this with whipped cream).

### Sweet French Bread

Marge Loewen

3 c. warm water  
2 pkg. yeast  
3 eggs  
10 c. flour

1 T. salt  
1 T. oil  
1¼ c. sugar

Combine all ingredients, except flour. Mix well. Gradually add flour and knead. Dough will be sticky. Let dough rise until double. Punch down. Divide dough into five loaves. Roll each into oblong shape and roll into loaf. Place on cookie sheet. Sprinkle with corn meal. Let rise. Bake at 350° for 25-30 min. (I make these up, wrap, freeze and then let rise and bake as needed). Makes 5 loaves.



## \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

### Low-fat Pumpkin Muffins or Bread

Cathy Nolan

2 3/4 c. sugar	1/2 tsp. baking powder
2/3 c. applesauce	2 tsp. soda
4 eggs (or 1 c. egg beaters)	1 1/2 tsp. salt
2 c. pumpkin	1 tsp. cinnamon
3 1/3 c. flour	1/2 tsp. cloves
2/3 c. (raisin) water	2/3 c. nuts (opt.)
2/3 c. raisins, boiled	

Stir sugar, applesauce, beaten eggs, pumpkin and 2/3 c. water off of raisins, together. Combine all dry ingredients and stir two mixtures together just enough to mix well. Add nuts and raisins. Makes two or three loaves. Bake 50-60 min. at 350°. If making muffins, spray non-stick spray to muffin papers or they will stick. Bake 25 min. Do the clean toothpick test.

### Low-fat Banana Muffins

Cathy Nolan

1 3/4 c. white flour	6 sm. bananas
1 c. bran	1/2 c. applesauce
3 tsp. baking powder	1 egg (or 1/4 c. egg beaters)
1/2 tsp. soda	1 c. soured skim milk
1 tsp. salt	1/3 c. honey

Blend all moist ingredients together. Stir all dry ingredients together until well mixed. Combine two mixtures. Do not beat. Pour in sprayed muffin papers. Bake 25-30 min. at 350°. Makes 22-24 muffins.

#### Topping:

3 T. brown sugar	2 tsp. cinnamon
2 T. finely chopped nuts (opt.)	

Mix and sprinkle over muffins before baking.



# \*\*\*Bread\*\*\* Muffins\*\*\*Bread\*\*\* Muffins\*\*\*

## Calico Corn Bread

Olive Westmoreland

1 (4 oz.) jar diced pimento, drained	
1 c. flour	1/2 c. chopped onion
2/3 c. yellow corn meal	2 T. oleo, melted
2 tsp. sugar substitute	1 egg, slightly beaten
2 tsp. baking powder	1/4 tsp. salt
1/4 tsp. pepper	2/3 c. skimmed milk
1 (8 3/4 oz.) can, no salt added, whole kernel corn, drained	
1 (4 1/2 oz.) chopped green chilies, drained	

Coat a 10 in. cast iron skillet with cooking spray. Place in 450° oven for 5 min. or until skillet is hot. Combine flour and next 5 ingredients in a bowl. Make a well in center of mixture. Combine milk and remaining ingredients. Add to dry ingredients, stirring just until dry ingredients are moist. Pour batter into hot skillet. Bake at 450° for 25-27 min., or until golden brown. Cut into wedges. Yields 10 wedges.

### Diabetic exchange per wedge:

1 1/2 c. starch	136 calories
1/2 c. fat	22.3 g. carbohydrates
	3.9 g. protein
	3.4 g. fat
	22 mg. cholesterol
	1.2 g. fiber
	114 mg. sodium



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Cranberry Dessert

Marsha Johnson

2 (3 oz.) pkgs. cream cheese  
2 T. mayonnaise  
2 T. sugar

] — Mix up

Dump in one can whole berry cranberry sauce. Add 1 small carton or 1 c. whipping cream and 1½ c. chopped walnuts. Freeze 6 hrs. or overnight. Let set out 15 min. before serving. When freezing, place in a rectangular pan or you may serve as is without freezing.

### Peach Cobbler

Twila Lee

5 T. butter  
1 c. sugar  
1 T. baking powder  
2/3 c. milk

1 c. flour  
1/8 tsp. salt  
¼ tsp. ginger  
1 can (1 lb. 14 oz.) sliced peaches

Melt butter in an 8 x 12 in. baking dish. Sift together dry ingredients. Add milk to dry ingredients and mix, blending well. Pour over melted butter. DO NOT STIR. Arrange peach slices over batter. Pour juice over all, but DO NOT MIX. Bake at 350° for 55-60 min.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Cherry Torte

Cheryl Field

16 graham crackers, crushed  
1/3 c. butter  
2 eggs  
Cool Whip

1 (8 oz.) pkg. cream cheese  
1/2 c. sugar  
1-2 cans cherry pie filling  
1/2 c. sugar

Melt butter. Pour over crackers and sugar. Mix and press in bottom of a 9 x 13 in. baking dish. Mix cream cheese, sugar and eggs (one at a time), mixing well. Pour over cracker mixture. Bake at 350° for 25-30 min. When cool, pour in 1-2 cans of pie filling. Spread cool whip on top of that. Refrigerate overnight. Cut in squares. Serves 12.

### Pastry

Mary Buckman

Yields four 9 in. crusts.

3 c. flour  
1 c. shortening  
6-7 T. cold water

1 1/2 tsp. salt  
1 egg  
1 tsp. vinegar

Sift flour and salt. Cut in shortening until it is in small pieces. Beat the egg. Add the water and vinegar to it. Sprinkle the water, egg and vinegar mixture over the dry ingredients. Mix together lightly with fork; let stand 10 minutes. Roll out. Bake pie crust at 425° for 35-40 min. or until lightly brown.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Microwave Cream Pie

Shirley Hackler

#### Filling:

5 egg yolks

3½ c. milk

1 c. sugar

1/3 c. cornstarch

Put in blender and blend well. Cook in microwave until thick and bubbly, stirring with wire whip occasionally. When cooked, add ¼ c. butter and 1 tsp. vanilla. You may add coconut, soaked raisins, drained pineapple, peanut butter, etc. to make different fillings.

### Cherry Cheesecake

Mary Buckman

1 c. graham cracker crumbs

½ c. finely chopped walnuts

1/3 c. melted butter

sugar

3 (8 oz.) pkgs. cream cheese

6 eggs

2 c. sour cream

2 T. cornstarch

1 T. lemon juice

2 tsp. vanilla

Preheat oven to 350°. In medium bowl, with fork, mix the first 3 ingredients and ¼ c. sugar. Press mixture firmly on bottom and around sides of a 9 x 3 in. spring form pan to within 1½ in. of top. In large bowl with mixer at medium speed, beat cream cheese until smooth. Slowly beat in 1½ c. sugar. With mixer at low speed, beat in eggs and remaining ingredients, except cherry topping. At medium speed, beat 3 minutes. Pour mixture into pan and bake 1 hr. or until lightly brown. Turn off oven, leave cake in oven for 30 min. Remove. Cool in pan on rack. Cover and chill. To serve, remove sides of pan. With large spatula, loosen cake from pan bottom. Slide onto plate. Spoon cherry topping evenly over cheesecake.

#### Cherry topping:

In bowl with spoon, mix 1 (21 oz.) can cherry pie filling with 1 T. grated lemon peel and ½ tsp. lemon juice.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Popcorn Cake

Phyllis Merritt

3 qts. popped corn  
1 stick oleo or butter  
½ lb. brickle bits

5 c. Miniature marshmallows  
½ lb. plain M & M's  
½ lb. dry roasted peanuts

In large bowl, mix all ingredients, except oleo and marshmallows. Then melt oleo and marshmallows and pour over popcorn mixture. Mix well. Press into greased pan, let set for 1 hr. Turn out on cake plate.

### Chocolate Sheet Cake

Barbara Delinger

Bring to a boil 1 c. water and 2 sticks oleo.

#### Mix together:

2 c. sugar  
2 c. flour  
3 T. cocoa

1 tsp. salt  
1 tsp. vanilla  
2 eggs

Mix 1 tsp. soda in ½ c. buttermilk. Add to water, oleo and above mixture. Bake in greased and floured sheet cake pan. Bake in a 350° oven for 20 min.

#### Icing:

1 stick oleo (melted)  
3 T. cocoa  
¾ c. chopped nuts

5 T. cream or evaporated milk  
1 box powdered sugar  
1 tsp. vanilla

Mix together, spread on warm cake.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Amazing Raisin Cake

Sibyl Joy

3 c. unsifted flour	1½ tsp. cinnamon
2 c. sugar	½ tsp. nutmeg
1 c. Hellman mayonnaise	½ tsp. salt
⅓ c. milk	¼ tsp. cloves
2 eggs	3 c. chopped, peeled apples
2 tsp. baking soda	½ c. walnuts
1 c. raisins	

Grease and flour two 9 in. round baking pans. In large bowl with mixer on low speed, beat first 10 ingredients for two minutes, scraping bowl frequently or beat vigorously 300 strokes by hand. Batter will be very thick. With spoon, stir in apples, raisins and nuts. Spoon batter into pans. Bake in 350° oven for 45 min. or until tester inserted in center comes out clean. Cool in pan 10 min. Remove cake from pan. Cool. Fill and frost with 2 c. whipped cream.

### Pina-Colada Cake

Marge Loewen

1 white cake mix	1 can cream of coconut
½ c. coconut	

Prepare cake mix. Add coconut to batter. Bake in jelly roll pan (15 x 10 x 1 in.) at 350° about 20 min. or until done. Remove from oven; poke holes in cake with fork. Let cool 5 min. Then pour cream of coconut on cake. Cool completely, Then mix ½ c. coconut with a carton of cool whip and put on cake. Keep refrigerated.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Butterscotch Pecan Cake

Cathy Nolan

1 box butterscotch pudding, cooked  
2 eggs  
¼ c. butter  
butterscotch chips

2 c. milk  
1 box butter brickle cake mix  
pecans

Make pudding first. Let cool. In a bowl, combine pudding, eggs and butter. After blending, add the cake mix and stir well. Pour into a greased and floured 9 x 13 in. pan. Sprinkle with chips and nuts. Bake at 350° for 35 min. Serve warm.

### Lemon 7-Up Cake

Cathy Nolan

1 lemon supreme cake mix  
10 oz. Seven-up  
1 pkg. instant pineapple or lemon pudding mix, dry

½ c. oil

Mix above ingredients; beat 3 min. Bake at 350° about 45 min. in prepared 9 x 13 in. pan.

### Frosting:

1 sm. can pineapple  
5 T. flour  
1 stick oleo

2 eggs  
1½ c. sugar

Cook in double boiler until thick. Stir in 1 c. coconut, cool a little. Spread on cake.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Kansas Dirt Cake

Mary Nowlan

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 large pkg. Oreo cookies           | 1 (8 oz.) pkg. cream cheese |
| 1 stick butter                      | 1 c. powdered sugar         |
| 1 (8 oz.) carton Cool Whip          | 1 tsp. vanilla              |
| 1 sm. pkg. gummy worms              |                             |
| 2 sm. pkgs. instant vanilla pudding |                             |

Crush Oreo cookies (I do a few at a time in the blender). Layer half in the bottom of a 9 x 13 in. pan. Melt butter, then mix with cream cheese until smooth. Set aside. Mix Cool Whip with powdered sugar. Set aside. Prepare instant pudding in a large bowl, using only 3 c. milk + 1 tsp. vanilla for both packages total. Add other two mixtures to pudding and pour over crushed cookies. Cover with the rest of the crushed cookies. Chill at least one hour. Decorate with gummy worms.

### Mississippi Mud

Susan Phipps  
Denice Phipps

- |                           |              |
|---------------------------|--------------|
| 4 eggs, beat until lemony | 1 c. nuts    |
| 2 c. sugar                | 1½ c. flour  |
| 2 sticks oleo, melted     | ½ c. coconut |
| 1 tsp. vanilla            | 1/3 c. COCOA |

Mix all ingredients thoroughly. Spread in large 9 x 13 in. cake pan, greased and floured. Bake at 350° for 30 min. or until done. Spread immediately with 7 oz. jar marshmallow creme. When in a hurry, microwave creme for 30 sec.—it will spread better and set up faster. Put in freezer for 5 min.

### Frost with:

- |  |                          |
|--|--------------------------|
| 1 stick oleo, melted                             | 1/3 c. COCOA             |
| 6 tsp. evaporated milk<br>(can use regular milk) | 1 lb. box powdered sugar |

Mix and add 1 c. nuts, broken, if desired.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Lemon Delight

Denice Phipps

1 lemon cake mix  
1 small pkg. lemon pudding  
(instant)

1 small pkg. lime jello  
1 (8 oz.) pkg. Cool Whip

Bake cake as directed on box. While cake is baking, mix jello according to box. When cake is hot, poke holes in cake. Pour lime jello in holes. Put in refrigerator for 30 min. or until set. Make pudding as directed on box. Spread across cake, then let set. Add Cool Whip and serve. Keep refrigerated.

### Moist Lemon Cake

Cathy Nolan

1 pkg. lemon cake mix  
½ c. oil  
1 (3¾ oz.) pkg. instant lemon pudding

4 eggs  
¾ c. water

Beat eggs; add cake mix, dry pudding mix, water and oil. Beat at medium speed for 10 min. Grease a 9 x 13 in. pan. Bake at 350° for 40-45 min.

### Glaze:

2 c. powdered sugar

⅓ c. lemon juice

Heat to boiling. Drizzle hot glaze over hot cake after poking holes with a fork.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Reese's Peanut Butter Bars

Gay Mullins

1¼ c. crushed graham crackers      ½ lb. melted butter (2 sticks)  
1 c. peanut butter                      3½ c. powdered sugar

Mix above ingredients together and press into a 9 x 13 in. pan. Melt 12 oz. chocolate chips and spread over the top; then put in the refrigerator to harden but not too hard—about 10-15 min. Cut and put back into refrigerator.

### Zucchini Cake

Marsha Johnson

3 eggs                                      2 tsp. soda  
1 c. oil                                    1 tsp. salt  
2 c. sugar                                3 tsp. vanilla  
2 c. grated zucchini                  1 tsp. cinnamon  
(rind, seeds & all—packed          1 c. chopped nuts  
tightly)                                    2 c. flour  
½ tsp. baking powder

Beat eggs and add oil and sugar, then add zucchini. Sift flour, baking powder, soda and salt. Add to zucchini mixture. Add vanilla and nuts. Bake in a 9 x 13 in. pan at 350° until done.

### Glaze:

1 c. sugar                                ¾ stick oleo  
½ c. canned milk                      1 tsp. vanilla

Boil glaze for two minutes and pour over cake.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Blonde Brownies

Mary Buckman

2 c. flour	2 tsp. baking powder
½ c. butter	2 c. packed brown sugar
2 eggs	1 tsp. vanilla
1 c. chopped walnuts	

Grease a 9 x 13 in. pan. Combine flour, baking powder and ¼ tsp. salt. Melt butter. Remove from heat. Stir in sugar. Add eggs and vanilla. Stir until combined. Stir dry ingredients and nuts into sugar mixture. Spread in pan. Bake in 350° oven for 20-25 min. Cut into bars while warm. Makes 48.

### Snicker Brownies

Shirley Hackler

50 light caramels (1-14 oz. pkg.)  
1 box German chocolate cake mix  
1 c. chopped nuts  
2/3 c. sweetened condensed milk, (divided)  
¾ c. melted oleo  
1 c. semi-sweet chocolate chips (6 oz.)

In microwave, low power, melt caramels and 1/3 c. condensed milk, stirring every 1-2 minutes. Set aside. In large bowl, combine cake mix, oleo, nuts and remaining 1/3 c. condensed milk. Stir until combined well. Press half of dough evenly into a greased and floured 9 x 13 in. pan. Bake at 350° for 6 min. Remove from oven, cool slightly. Sprinkle chocolate chips over baked dough and spread melted caramel mixture on top, working quickly with broad spatula. Crumble remaining dough over caramels and press lightly with spoon. Return to oven and bake for 14-18 min. until top is set and mixture pulls away from pan. Cool about 30 min.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Date Cookies (diabetic)

Twila Lee

1 c. raisins	½ c. snipped dates
1 c. water	2 eggs or ½ c. egg beaters
½ c. oleo	3 tsp. liquid sweetener to = ½ c. sugar
1 tsp. vanilla	¼ tsp. cinnamon
1 c. flour	1 tsp. soda

Boil raisins and dates in water for 3 min., stirring constantly. Cool. Cream eggs, oleo, liquid sweetener and vanilla. Set aside. Combine dry ingredients. Add to cream mixture alternately with date mixture. Beat well. Chill several hours. Drop from teaspoon onto greased baking pan and bake 10-12 min. at 350°.

1 cookie equals 1 fruit exchange or 2 cookies 1 point.

### Candy Cookies

Lori Reed

1 c. oleo or butter, softened (2 sticks)  
1 c. crunchy peanut butter  
1 lb. powdered sugar  
1½ c. graham cracker crumbs  
1 (6 oz.) pkg. semi-sweet or milk chocolate chips

Blend butter and peanut butter in a large bowl. Work in sugar and graham cracker crumbs with a wooden spoon until thoroughly combined. Press mixture evenly into a 13 x 9 x 2 in. baking pan. Melt chocolate chips in the top of a double boiler over hot water. Quickly spread over top of cookies. Place in refrigerator and chill until firm. Cut in small squares.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Sugar Cookies

Perry Nolan  
(childhood recipe)

#### Dry ingredients:

4 ½ c. flour  
½ tsp. salt  
1 tsp. soda

#### Cream together:

1 ½ c. sugar  
1 c. shortening  
3 eggs  
1 tsp. vanilla  
1 tsp. lemon extract or ¼ tsp. almond

Combine two mixtures. Can press in a 3" roll and chill; or chill, roll out, and cut out. (Roll between 1/8 and 3/16 in.) Don't freeze. Bake at 350°.

### Ginger Snap Cookies

Merle Risley

¾ c. shortening  
¼ c. dark molasses  
1 egg  
2 c. flour  
1 c. (scant) sugar

2 tsp. soda  
½ tsp. cloves  
½ tsp. ginger  
1 tsp. cinnamon  
dash of salt

Melt shortening and cool. Add sugar, eggs and molasses. Blend. Add sifted dry ingredients and mix well. Chill dough. Form into balls. Roll in sugar. Bake in a 350° oven for 10 min. Don't flatten or overbake.

### Unbelievable Cookies

Ethel Logan

1 c. sugar  
1 egg

1 c. peanut butter, chunky or smooth  
1 tsp. vanilla

Put all ingredients in mixing bowl and stir well. Drop by teaspoonfuls on greased cookie sheet. Bake 10-12 min. at 325°. Let cool on cookie sheet before removing.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Basic Bread Pudding

Mary Buckman

Power level—high and medium

Microwave time—13-16 min. total

4 c. bread cubes, lightly packed into cup (4-5 slices)

Spread bread cubes evenly in an 8 in. round dish.

½ c. brown sugar, packed

¼ tsp. salt

½ c. raisins, opt.

Sprinkle evenly with brown sugar, salt, then raisins.

2 c. milk

¼ c. butter

2 eggs

Measure milk into 1 qt. measuring cup. Add butter. Microwave on high for 4 min. until butter is melted and milk is warm. Rapidly stir in eggs with a fork and mix well. Pour over bread crumbs in dish. Microwave at medium for 9-12 min., rotating dish ¼ turn after 6 min. When cooked, center may still be slightly soft, but will set up as pudding cools. Serve warm or chilled. Makes about 6 servings.

### Unbaked Cookies

Ethel Logan

2 c. sugar

½ c. milk

½ c. butter

1 T. cocoa

Put in saucepan. Let come to rolling boil. Remove from heat and stir in:

3 c. instant oatmeal

½ c. coconut

½ c. nuts

¼ c. peanut butter

Mix well and drop by teaspoonfuls on waxed paper.



## \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

### Apple Crisp

Jason Hackler

1½ c. sliced apples  
1 T. lemon juice  
½ c. sugar

2 ¼ tsp. flour  
¼ tsp. salt  
½ tsp. cinnamon

#### Topping:

¼ c. + 2 T. brown sugar  
¼ c. + 2 T. oatmeal  
¼ c. + 2 T. flour

2½ T. butter, melted  
1/8 tsp. soda  
1/8 tsp. baking powder

Mix first six ingredients together. Spread into the bottom of a loaf or square pan. Mix melted butter with topping ingredients. Spread topping over apple mixture and press down with a spoon. Bake for 45 min. at 350°.

### Sugar-free Pudding

Lyla McCoy

#### Crust:

½ c. oleo  
1 c. flour

#### Ingredients:

1 sm. pkg. sugar-free pudding  
1 (8 oz.) carton whipped topping  
1 (6 oz.) pkg. cream cheese

Make crust and mold in baking dish. Bake at 350° until golden brown. Put a layer of chopped walnuts on top of crust. Mix whipped topping and cream cheese together and pour on top of nuts. Mix pudding as directed on box and add to pie. Cover with whipped topping. You can put fruit in pudding if desired. Keep refrigerated until served.



# \*\*\*Cakes\*\*\*Cookies\*\*\*Pies\*\*\*Desserts\*\*\*

## Fruit Pizza

Nita Grandestaff

1 roll sugar cookie dough                      1 (8 oz.) pkg. cream cheese  
1/3 c. sugar    1 tsp. vanilla  
fresh fruit: strawberries, bananas, peaches, blueberries and kiwi

Press dough on pizza pan and bake as directed. Mix cream cheese, sugar and vanilla until light and fluffy. Spread on cooled cookie dough. Arrange fruit on top in circle pattern. Take 1/4 c. water and mix with 1/4 c. any kind of marmalade. Brush on fruit. Chill two hrs. or longer.



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## \*\*\*\*Miscellaneous\*\*\*\*Miscellaneous\*\*\*\*

### Glass Candy

Twila Lee

2 c. sugar	½ c. water
½ c. white syrup	dash of salt
red coloring, if desired	cinnamon oil to taste (I use .25 oz.)

Cook to hard crack. Remove from heat. Let cool a little and add oil and coloring. Pour into greased, shallow pan (I use pizza pans). When adding oil, you need to be in a well ventilated place as fumes are very strong.

### Butterscotch Fudge

Lori Reed

1 (14 oz.) can sweetened condensed milk	
1 c. brown sugar	2 c. white sugar
4 T. butter	3 T. milk
1 tsp. maple flavoring	1 (7 oz.) jar marshmallow creme
Pecan halves or M & M candies	

Combine brown sugar, white sugar, milks and butter, stirring constantly. Boil 5 min. Remove from heat. Add chips and marshmallow creme. Stir until well blended. Stir in flavoring. Pour into buttered 9 x 13 in. pan. Center a pecan or M & M where each piece will be. Cool before cutting.



## \*\*\*\*Miscellaneous\*\*\*\*Miscellaneous\*\*\*\*

### Homemade Bologna

Barbara Dellinger

2 lbs. hamburger  
2 tsp. mustard seed  
1/8 tsp. garlic powder  
2 T. Morton's quick salt

1 c. water  
1/8 tsp. onion powder  
1/8 tsp. Liquid Smoke

Mix. Shape into 3 rolls and wrap in foil. Place in refrigerator for 24 hrs. Unwrap and bake for 1 hr. at 300°. Turn and bake additional 15 min.

### Microwave Peanut Clusters

Frieda Clothier

1 (12 oz.) pkg. chocolate chips  
6-12 oz. salted peanuts

1 (12 oz.) pkg. peanut butter chips

Microwave all chips 3 min. Stir and microwave 2 min. Stir in peanuts. Drop by teaspoon on waxed paper.

### 5-Minute Fudge

Lori Reed

1 sm. can Carnation milk  
1 tsp. vanilla  
1 pkg. chocolate bits

1 2/3 c. sugar  
1/2 c. nuts  
16 marshmallows, cut up

Cook milk and sugar over medium heat for 5 min., stirring constantly. Remove from fire. Add rest of ingredients. Beat only until marshmallows and bits are dissolved. Pour into buttered 8 x 8 in. pan. Cool.



## \*\*\*\*Miscellaneous\*\*\*\*Miscellaneous\*\*\*\*

### Cinnamon Apples

Marge Loewen

2 c. sugar  
1/3 c. red hots

1 c. water  
2 qts. apple chunks, peeled

Boil sugar, water and red hots together until candy is dissolved. Add apple chunks. Cook until transparent. Chill and serve.

### Lemon Rice

Mary Nowlan

1 c. water  
2 T. lemon juice  
1 c. uncooked long grain rice  
1/8 - 1/4 tsp. grated lemon peel, opt.  
1/4 tsp. lemon pepper seasoning

1 c. chicken broth  
2 tsp. butter or oleo  
1/4 tsp. dried basil

In a medium saucepan, bring water, broth, lemon juice and butter to a boil. Stir in the rice, basil and lemon peel. Reduce heat. Cover and simmer for 20 min. Let stand 5 min. or until water is absorbed. Before serving, sprinkle with lemon pepper. Yields 4 servings.

### Mildred's Treats

Mildred Stroup

1 can chow mein noodles  
1/2 c. peanuts

1 (12 oz.) pkg. butterscotch chips

Melt the chips. Stir in noodles and peanuts. Pour out on waxed paper. Cut into pieces when cold.



MISSOURI BOTANICAL GARDEN

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